

## “Choked-Up” Artichokes



### Ingredients:

3 Large Artichokes  
5 ounces of Grated Parmesan Cheese  
1 Clove of Garlic—Finely minced  
1 Cup of Italian Bread Crumbs  
¼ Cup of Olive Oil  
Lemon Juice

### Directions:

Snip off tips of petals and dip in acidified water to preserve green color. Artichokes should be washed under running water. Pull off lower petals and cut stem to one inch or less. Cut off top quarter of each artichoke.

Stir the Cheese, Garlic and Bread Crumbs. Separate the artichoke leaves (in order to fill between each layer) beginning from the outside, working your way in, with the crumb mixture.

Fill a pot up with about 1 to 2 inches of water and lay the artichokes in. Lightly drizzle some olive oil and lemon juice onto each artichoke. Put the cover on and steam for about 45 minutes. You'll be able to tell when they are done when the leaf can be easily peeled off.